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Finals countdown

brenden west
editor

With finals approaching, a typical day for Kasey Stenger, freshman nursing major, looks something like this: Wake up at 6 a.m. to make softball practice, grab breakfast at the Crusader Café around 9, go to class, try to fit in a lunch break, more classes, then it's time to hit the books. She'll finally go to bed a little after midnight, only to wake up and do it all over again in six hours.

"It's really important to manage my time," said Stenger. "I have to make time to study for my finals. I need to stay eligible



Julee Albers, coordinator of student academic success programs

for softball." With finals looming next week, Stenger still has a combination of papers and projects due which get in the way of valuable exam study time. The results of juggling sports,

school work and study time can potentially lead to a finals overload.

Stenger is not alone in the finals countdown crunch. Numerous students suffer from symptoms of text anxiety – a heightened state of stress or panic which can agitate and depress a student's ability to concentrate. Symptoms may include headaches, nausea, faintness, irritability, frustration, and in some cases, a quick trigger to cry.

To combat the annual epidemic, Clarke offers students a number of resources to help fend off a meltdown.

"A big reason why stu-

dents feel stressed is because they don't manage their time well, and they suddenly realize 'I have all of this coming at me!'" said Julee Albers, coordinator of student academic success programs. Much of Albers' work consists of motivating students and providing support for those who feel downtrodden about grades. Together, Albers and her students create an "academic success plan" to help balance classes, studies, and test anxiety with social life. On average, she'll meet with 60-80 students per week throughout the semester.

"I don't let them leave

my office until they have a sense that they're on the right track," she said. "I encourage them to make another appointment with me to revisit their success plan."

Senior social work major Abby Hefer has been seeing Albers for four years. With her help, Hefer was able to develop a technique to help with her test taking. "She helped me figure out that I do better when tests are read to me," said Hefer. "That's what she does – she knows how to draw information out of you. She has really good study techniques." He-

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campus life



Collegiate mothers tell their story.

arts etc.



Native Oscar winner speaks at Loras.

sports



Clarke baseball is jacked for the 2011 season.

weather



Few showers. High 32. Low 26.

Tune in to Clarke Radio

pete dudek
a&e editor

Walking around the SAC here at Clarke, there are a few rooms that stand out: The Crusader Café, the Bookstore, the game room, the photo center, and the Gallagher Lounge. Some may also notice a tiny little room, nestled just to the right of the elevator, with a slit of a window and a minuscule sign that reads, "Clarke Radio Station."

Upon entering, expect to be bombarded with walls covered with music quotes, band posters, and pages of "Spin" magazine, all displayed with the purpose of showing the variety of music out there. Developing a Clarke radio station has been in the works for several years, and sophomore communication major Tyler Oehmen will be taking the reins this year round.

"We're really excited to get this going," said Oehmen. "We have a lot of goals we hope to accomplish next semester." As of right now, the station does not broadcast. Although several people have expressed interest in the station, finding a staff of students who are available to learn the equipment remains an issue. There are three CD players, a cassette deck, a mini-disc player, a turntable that

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photo by molli finn

"If you have never been to a Clarke concert, this is the one you should go to."

Blessed Christmas graces Clarke

molli finn
staff writer

With the semester winding down and finals looming in the not-so-distant future, many Clarke students are looking for the chance to kick back and relax. This weekend Clarke's music department will offer that opportunity by kicking off the holiday with "For A Blessed Christmas," Clarke's annual holiday concert.

"It's a great way to let your mind calm down a little before finals week," said choir director Brian Burns. "It's a nice tradition for the institution and a transition from the semester to the Christmas season."

Jolene Green, senior music education major, added, "It's a beautiful concert that really gets you into the Christmas spirit. If you have never been to a Clarke concert, this is the one you should go to."

"For A Blessed Christmas" always runs the weekend before finals and features the majority of Clarke's music ensembles including the band, Collegiate Singers, Cantabile, and brass quintet. It is also more than simply a Christmas concert.

"It's not a pageant," Burns said. "It's more of an experience." The concert is a narrative that follows the story of the birth of Jesus and features readings, mostly from the Gospel of Luke, interspersed between musical selections which range from Mozart and Bach to more modern pieces.

"It's not boring music you hear all the time," said Emily Cram, a freshman art and drama major.

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doesn't work, and a mixer that all have to be working in sync.

"We want to be broadcasting by the beginning of next semester," said Oehmen. "Our biggest goal right now is to broadcast online."

Other goals for the station include podcasting, call-in shows, and a staff broadcasting during the lunch and dinner hours in the SAC.

Senior communication major Justin Haas

is excited about what the radio station can bring to the campus.

"Having a radio station adds another element to making Clarke a stronger community," said Haas.

Interested persons should contact Tyler Oehmen at tyler.oehmen@clarke.edu.



photo by pete dudek
Sophomore Tyler Oehmen mixes tracks in the room under the stairs

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This year's selections include several English carols, the "Magnificat" from Mozart's "Solemn Vespers," and a Brazilian "Salve Regina." "The last time we performed 'Salve Regina' people in the audience were crying. It's an extremely beautiful and powerful song," said Green.

It is because of the unique nature of this experience that "For A Blessed Christmas" is traditionally the most widely attended of Clarke's concerts. It began as a one-night event, but was extended to two days as attendance continued to grow.

"This is always a really popular concert," said Green. "We always wind up having to find

extra chairs at the last minute."

Another tradition of the concert is to bring back former members of the Clarke community. "We always bring in guest alumni to perform," said Green. This year's guest soloists are Matt Beaves, '07, and Megan Gloss, '03.

"For A Blessed Christmas" will take place in the Chapel on Saturday, Dec. 11 at 7:30 p.m. and Sunday, Dec. 12 at 2 p.m. Clarke students each get one free ticket. Additional tickets can be purchased for \$10 from the information desk. For more information contact Brian Burns at brian.burns@clarke.edu.

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fer maintains a healthy 3.4 GPA.

Wes Johannsen graduated from Clarke in May with a bachelor's degree in psychology. He was later hired by Clarke soon after graduation as an admissions counselor — a job for which 50 applied.

He says it wouldn't have been possible if it weren't for Albers' help. "I don't even know if I'd have graduated if it weren't for her," said Johannsen. "She helped me through my most difficult times. She's the perfect example of how Clarke reaches out. It was a way for me to reach out to someone here on campus who could help me out. I would suggest anyone go in and talk to her."

Albers added, "There are certain weeks when I've had students lined up in the hallway waiting to see me. I'm here to help you manage your time — to balance academics versus social time." Albers says part of her job is recommending students to other resources they need. A lot of her advice for dealing with finals aligns with tips the Counseling Center has laid out for dealing with test anxiety. Along with a good night's rest and a healthy diet, both Albers and the center agree that it is important for students to manage their time and not to cram.

"Cramming overloads your brain — it causes too much stress and anxiety," said Albers. Most of her clients have been referred to her by faculty, participate in athletics, are on academic probation, or have taken a class she's taught. She's on campus 8 a.m.-4:30 p.m. Monday through Friday and often stays late. Her office is in the upper level of the library.

"I always tell students 'I may not have all the answers, but I do have all the resources,'" Albers added. She knows that as the finals countdown continues, students will do anything to fight off the test anxiety bug.

Survival Guide: Winter Break

catherine savitch
staff writer

Most students look forward to Clarke's one-month winter break. We all get caught up in picturing what we think our break will be like. We get to see our families, pets, high school friends, and be in a comfortable setting. Over break we're away from our dorm rooms, cold showers, loud neighbors, and in some cases, loud roommates, and trashed low-rent party houses. We enter a warm, nourishing family home and sip hot cocoa by the Christmas tree.

Then reality hits. Suddenly Mom is on your back about doing dishes, shoveling snow, and taking

Fefe for a walk. Dad is talking about how your major won't be financially stable and how you should probably join the family business. Your parents have a curfew for you and actually wait up for you to come home at night. You can't throw your dirty laundry all over your room or blast music. This is an adjustment for every class; however, it may be a bit more of a shock to freshmen who are experiencing their first extended time home after living on their own at school. This drastic lifestyle change can, however, be manageable. Here are seven simple winter break tips:

1. It's probably not a good idea to come home drunk. Can't you hear "I pay all this money for you to go to school and this is what you do every day, isn't it?" It might be best to avoid the drama.

2. Get out of the house a few times with friends so that being around your family doesn't drive you into insanity.

3. When boredom strikes, try to remember how stressed you were throughout finals week. Suddenly boredom won't sound so bad.

4. Try to help out around the house without being asked, maybe that will keep the parents from loading you with chores and it may show how much you've "matured" at school.

5. When running into people you do NOT want to see from high school, be polite but short and sweet... if they catch you. When in a grocery store, dropping into a squat behind the pumpkin pie display could result in an embarrassing mishap; and pulling out your phone after you've been spotted is too obvious. Try hiding out in one those aisles that you feel aren't heavily traveled for example, the tin foil and rubberware aisle. Take your time tying your shoe and make an exit with your goods as quickly as possible.

6. Oh how it's great to see brothers and sisters. Until they start telling on you when you sneak in the back door at 3 a.m., they're a hoot. When bribing begins to fail within a few days, maybe spending time with them will help. Make your older siblings feel young again and your younger siblings feel like big kids.

7. To avoid gaining weight over break, don't eat. Just kidding. Don't worry about it so much. Unless you're completely changing your diet, enjoy your home-cooked meals. Lastly, enjoy your break free from homework, tests and the college life. Enjoy your friends and family and be safe, Clarke students.



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CAMPUS LIFE

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Young mothers strive to complete degrees

kristen koester
staff writer

Your life is just so hard, right? You can't seem to find the motivation to get your homework done; you're juggling a full-time job with a full load of courses; you're so busy with sports or your clinical that your sleep seems to have been put on the back burner this year. Or maybe you're annoyed your school schedule keeps interfering with your social life—whatever it may be, always remember that there is someone out there fighting a greater battle.

Everyone loves babies, right? Most people dream of someday having children, starting a family and sharing their life with someone. But, in some cases, that dream has come true a little sooner than expected. Three young Clarke mothers are living proof of how hard, demanding and yet rewarding, being a young mother in college can actually be.

"It feels like a constant race against time, says Audrey Hentges, a sophomore ATPT major. "Cram session after cram session, late nights followed by early mornings. Being a full-time student with about 20 hours a week for clinical tears at my heart. I know I need to complete my school work but I would much rather be spending all my time with Anna."

Hentges lives at home with her parents who help support her and her 13-month-old daughter Anna, while she works on completing her degree.

"If my alarm doesn't get me up, Anna does," Hentges added. "I get up with enough time to shower and get off to school, and my mom takes care of Anna in the morning before I go to work."

When Hentges gets home from class, before she leaves for clinical, she gives Anna as much time as she can.

"We'll sit down on the floor and play; she'll laugh, then I'll laugh. It recharges me just enough to make it through the rest of the day," she says.

Stress and time management are prominent in the life of any college student, but having to care for another life adds to that in many ways.

Hentges's dad is also taking classes at Clarke, so making sure he has enough time to get his work done is also an added stress for her. When she gets done with clinical, she either goes home and spends time with Anna before putting her to bed, or to the library to catch up on homework.

"I was planning on moving away to go to college and was more than ready to be out on my own, says Hentges. Instead, I live at home with my parents and have very limited freedom. I can't even go grab a bite to eat without either finding a baby-sitter or packing up a diaper bag, getting Anna ready, and then taking care of her at the restaurant. My decisions impact my daughter now and not just me."

Hentges' advice to other young mothers is: "Take the time to stop and realize how lucky you are to have been blessed with that little life. Don't screw it up; you only get one shot."

She added, "I love having a purpose. I'm always busy, and honestly, I like it that way. I love how many reasons life gives me to laugh... or maybe that's just how I've adapted to making it through."

Another single mother living at home with her parents is Leah Chapman. Chapman, a junior nursing major, is 23 years old and has a 10-month-old daughter named Jordyn. "Being a mom is definitely one of the hardest jobs but also the most rewarding," she said.

"Every morning I get to wake up to a happy smiling little girl. She is the motivator



Sophomore ATPT major, Audrey Hentges with daughter Anna.
clarke courier



Junior nursing major, Leah Chapman with 10-month-old daughter, Jordyn.

in my life. It is difficult managing school, work, and raising a child but sometimes I don't realize all that I am doing because I just have a core focus on Jordyn. It's not until people ask me 'How do you do it?' that I realize how much I am actually doing. However, I also realize that I probably wouldn't be able to do everything without the help from my family."

Chapman's mom watches Jordyn when she is at school and work. Every one of her siblings offers to help her whenever she needs it because they all understand how important it is for her to get her degree.

Amara Deckert, a young mother at Clarke, is a senior music education major. Deckert lives at home with her parents and is the mother of two little girls, Isabella (16 months), and Ashlynn (2 months).

"I've perfected the art of getting ready in less than five minutes," she said. "Sure, I don't have time to brush my hair some days, and, embarrassingly, sometimes I don't have time to brush my teeth, but for that extra minute of sleep, I'll give up anything short of a bathroom break."

Deckert has a 35-minute commute to class each morning so she doesn't get the luxury of waking up, getting ready and getting to class in 15 minutes like most of us are accustomed to.

"On my way out the door, I crack the top to a can of pop, desperate for something to keep me awake. I can't tell you the number of times I've almost fallen asleep driving to or from school. I'm usually not as prepared as they would like me to be. I honestly think they should be proud I even made it to school that day because I feel so guilty leaving my children," says Deckert.

Every person is different. Some young parents might take it as a relief to "escape" from a hectic household for a few hours and others, like Deckert, hate leaving home because every minute spent with their children is precious and limited.

"When I get home, Isabella wants me to play with her so school goes on the back burner," she says.

All the bad things that happened during the day are forgotten for the one or two hours Deckert gets to spend with her before she goes to bed. After Isabella goes to bed, she then tries to get Ashlynn to go to sleep.

"Waking up to her smiling face makes the early mornings and midnight crying this worth it. However, babies don't pay for themselves. I have a Work Study job at Clarke, but it's only three hours a week. I also work 20 hours a week at the Piggly Wiggly in Galena. I have to fill up my gas tank twice a week. Diapers aren't cheap. Doctors aren't free. I've given up a lot. I'm always the one skipping meals because Bella wants to play or Ashlynn is cranky and wants to be held or rocked to sleep."

"Sure, I miss the freedom of being able to go out whenever I wanted or not having to worry about if my parents will be mad if I leave the kids with them for a couple hours but my kids are my world," says Deckert.

Her advice for other young mothers is: "Don't be afraid to ask for help. I made the mistake with Bella in thinking I didn't need help and I could do it all myself. I ended up being laid up for two weeks from exhaustion. I had 16 credits that semester and was

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Chris

kristen koester
staff writer

Christmas can be the most joyous time of the year, but some of the stress is too much for you want nothing more to buy your friends and family extravagant gifts to express your kindness towards them you might not have the money for a good idea would be to give one family gift instead of individual gifts. Try a zoo or museum membership, which can be anywhere from \$80-\$200. I and your siblings go in or together, you can split the cost. Or, if a lot of birthdays around the holidays, make a gift to get everyone one big gift (the membership), instead of giving everyone birthday and Christmas gifts. You'll be surprised how much money you'll save.

Another idea would be to have someone take your family portrait. It doesn't have to be professionally done, just as long as it's worth your time. Set up a photo booth that everyone can get together (maybe the same time you are together to take the picture).

Clarke future

College is often seen as an opportunity to escape parental supervision. Ian Livingston doesn't see it that way.

The senior Spanish and English major lives with his parents in Dubuque. His mother, Grace Canero-Livingston, also happens to be the dean of Undergraduate Studies at Clarke University. "Living at home is not so bad," said Livingston. "My family has always been close-knit so I don't mind."

His mother's position at Clarke was a major factor in his decision to attend. Aside from getting a tuition discount, Livingston has had the opportunity to study abroad and embrace his ethnic heritage.

"My mom is from Spain. Livingston. "I was able to travel there and study abroad for five and a half months. He was able to see places he had never visited before, including Ireland and France, and overseas. Livingston traveled around Europe, meeting new friends in the process.

Livingston said he plans to stay in Nashville with some friends that he met on the clarke courier

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Christmas gifts on a college budget

kristen koester
staff writer

Christmas can be the most joyous time of year, but sometimes the stress is too much for us. You want nothing more than to buy your friends and family extravagant gifts to express your kindness towards them but you might not have the money.

A good idea would be to give one family gift instead of individual gifts. Try a zoo or museum membership, which can range anywhere from \$80-\$200. If you and your siblings go in on this together, you can split the costs. Or, if a lot of birthdays fall around the holidays, make a point to get everyone one big gift (like the membership), instead of buying everyone birthday and Christmas gifts. You'll be surprised at how much money you'll save.

Another idea would be to get someone to take your family portrait. It doesn't have to be professionally done, just as long as it's worth your time. Set up a time that everyone can get together (maybe the same time you all get together to take the picture for

your Christmas card), and have fun with it. Or if you want it to be a surprise for your parents, then set up some fun theme you can follow or get individual shots of you and your siblings and make your own creation. Everyone loves to get something that has some thought behind it. You might end up paying your friend \$20 for their time or the money it costs to print a few pictures and



to buy a frame from Wal-Mart.

If you're a tight-knit family and often have family game or dinner nights, think about investing in a fondue set. Good food or snacks are an easy way for family to bond and to catch up on each

other's lives. Fondue sets are most popularly used with cheese or chocolate and usually run from \$30-\$70, depending on how fancy they are. They're a great gift that can be used year-round.



Never know what to get your grandparents? Try making a personalized calendar with family pictures with each month having a different picture. Also, don't forget to mark the days with important events, like birthdays, anniversaries, and other special events. Overall, you might end up paying about \$8 to print off your calendar and clip it together.

For your friends, an easy gift almost all will love is movie pass-

es. Not only will you now give them a reason to go, you will now have another friend to go with you. Most places will give you a discounted price on tickets when buying the coupon booklet. Price will range depending on how many tickets you buy.

If you're looking for something that has major thought behind it, sign someone up for a magazine subscription. Do a little



investigating to find out what they already get and what they wish they had. They will be surprised to suddenly be getting a new magazine in the mail every month. This might set you back about \$10.

On a lighter note, maybe you're really sick of listening to your friends complain about having no money. Gift idea: give them a loaded gas card. That way, they won't feel bad for taking money from you if it's already in gift form. You can choose to spend as much as you'd like.

A very unisex gift for family members, friends, roommates or coworkers would simply be to give them some homemade cookies or candy. Yes, you could use store-bought items as well, but the idea of anything homemade expresses a more special sentiment.

Either way, your gift recipients will be delighted that you even thought of them in the first place. It shouldn't matter how much you spend on the gift, but what is more important is that you took the time out of your busy schedule to think of someone else.

Clarke student seeks future abroad

erin cowan
photo editor

College is often seen as an opportunity to escape parental supervision.

Ian Livingston doesn't see it that way.

The senior Spanish and English major lives with his parents in Dubuque. His mother, Graciela Canero-Livingston, also happens to be the dean of Undergraduate Studies at Clarke University.

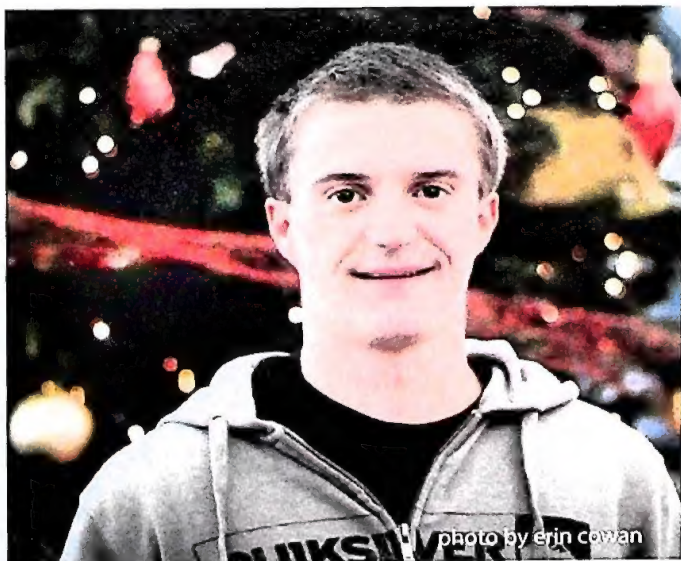
"Living at home is not so bad," said Livingston. "My family has always been close-knit so I really don't mind."

His mother's position at Clarke was a major factor in Livingston's decision to attend. Aside from getting a tuition discount, Livingston has had the opportunity to study abroad and embrace his ethnic heritage.

"My mom is from Spain," said Livingston. "I was able to travel there and study abroad for five and a half months."

He was able to see places he had never visited before, including Ireland and France. While overseas, Livingston traveled around Europe, meeting several new friends in the process.

Livingston said he plans to visit in Nashville with some of his friends that he met on the trip.



Senior Spanish and English major, Ian Livingston, hopes to one day join the Peace Corps.

But the good times were met with cause for concern.

A lost passport left him stranded in Amsterdam for two days; his aunt paid for a plane ticket back home.

"The trip was an incredible learning experience," said Livingston.

Dubuque has been Livingston's hometown since his family moved from Boulder, Colo., when he was six.

Livingston, however, doesn't plan to live in Dubuque much longer. He has always enjoyed traveling and hopes to join the Peace Corps in the future. "I'd like to eventually live in Spain one day and teach English-speaking classes over there."

"I went to high school at Senior, and Clarke is right across the street," he said. "I love Dubuque, but it's time for a change."

Babies

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working 30 hours a week. Also, it won't get easier, so just accept your life for what it is and make the most of it.

"And if the father is involved and willing to help, be incredibly thankful to him. My children have the same father, but he was never the type to wake up in the middle of the night to change a poopy diaper or rock a cranky baby to sleep. I have raised both of my girls on my own with the generous help of my parents."

Few people would argue with the statement that one of the most precious of all of life's events is the birth of a child. This is certainly the case for a grown adult with an education, a financial future planned, and an emotional support system in place. However, when the mother to be is a college undergrad there are concerns and considerations that limit some of the delight usually felt at the news of an impending birth. Being a young single parent, these young mothers face significant challenges in their futures.



Senior music education major, Amara Deckert, is the mother of two: 16-month-old Isabella and 2-month-old Ashlynn.

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Local film celebrity raises environmental awareness

laan christianson
staff writer

Louie Psihoyos, 2010 documentary Oscar-winner and Dubuque native, returned home to speak at Loras College about his photography career and transition into film in 2009.

"The Cove" was Psihoyos' directorial debut, documenting his first covert-ops recon mission where he and a hand-selected specialist team went to Taiji, Japan to uncover the dolphin slaughter travesty. Since the Japanese practice of dolphin harvesting had been politically ingrained and concealed, his endeavor was especially dangerous.

Prior to his movie career, Psihoyos was a renowned nature and culture photographer for "National Geographic." From his first major spread in "National

Geographic" about garbology—the study of refuse, its phases of life, effects, etc. especially in developed and densely populated areas—Psihoyos has come a long way on the socio-environmental circuit.

He was drawn back to Dubuque, though, by The Great River Film Initiative whose goals include stimulating the local economy through film and filmmaking and providing educational opportunities for the Tri-State Mississippi region.

Psihoyos recounted his experiences with photography and film presenting numerous samples of his work to date with particular focus on ecological concerns and on how he believes humans are the catalyst for the impending sixth mass extinction on Earth.

Not only did Psihoyos share important information he has gathered in his research, but also explained how he gained success as a photographer.

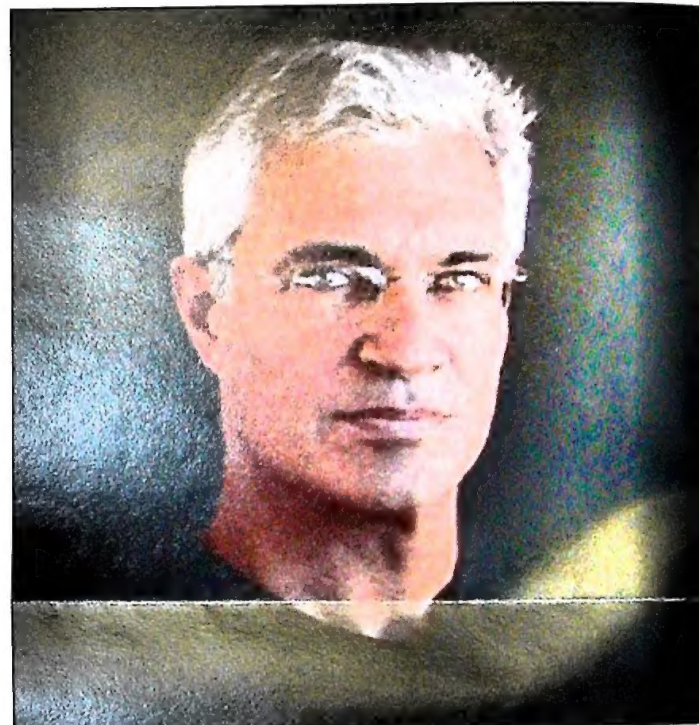
"One well executed assignment leads to another," he said. And his timing could not be better considering current trends in environmental and animal preservation. dAs for photographers specifically, Psihoyos stressed timing. The same shot taken minutes later can be dramatically different, and he referred to what he called "the magic hour" which is usually around dawn and dusk. He noted that sometimes the "hour" is really only 15 minutes, so a photographer must prepare with this under consideration because the overall effect of the image relies on the lighting, or timing.

The next step for Psihoyos is another film. He shared the concept for his current project, and right now Psihoyos is putting together another documentary where he will

explore ideas like carbon neutrality, anthropogenic poisoning (we poison fish plant whatever, then eat that contaminated organism), and the loss of 12 species per day—the going rate on our planet.

It sounds like a humongous

project, but it is all interrelated which is the whole point. Psihoyos made the observation that humans, in general, "don't regard themselves as animals." He believes this is one of the major reasons for humanity's negative impact on the environment.



Louis Psihoyos
photo courtesy of google.com

“He and a hand-selected specialist team went to Taiji, Japan to uncover the dolphin slaughter travesty.”

Not another gimmick: D-Box seats will change cinema

aaron rhomberg
staff writer

In recent years, 3D films have driven moviegoers to experience film in a new way. Unfortunately, the trend has become gimmicky and audiences are be-



photo by aaron rhomberg

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ginning to grow tired of the fad. However, there is a new form that lets viewers not only see movies in a new way but also be a part of the film: D-box.

D-box seats are cemented in the ground and are more comfortable than normal movie seats. A control button is located on the right armrest and controls the intensity of the action that is displayed on screen.

This experience was originally used for home entertainment, but since April 2009 it has become a popular attraction with audiences. The only place to have this experience in the Midwest is at Mall of America in Bloomington Minn. The seats are limited, with only 30 per auditorium and sell out days in advance.

During action or intense scenes the chair moves along with the action up or down, side to side, or back and forth, depending on what is happening. While I was watching "Harry Potter and the Deathly Hallows Part 1," the chair made me feel as if I were in the movie. In one scene, Harry, Ron and Hermione are trying to escape to a secluded location to hide from Voldemort. They are chased by the Death Eaters, and when the flying car that he was in would speed up or move in different directions, my chair moved the exact same way he was moving. At that point I felt that I was in the movie experiencing this event first hand. I put the intensity level of the chair at the maximum ability and thought at

times I was going to be thrown from the seat.

Another exciting moment occurred when Voldemort's snake was about to eat Harry; when it lunged at him, the chair jerked back and moved side to side and gave the feeling that I was dodging the snake.

This may eventually be how movies are viewed, and while places such as Navy Pier, and Disney World have something like this, theirs are not as advanced and only last a few minutes. Another thing about the D-Box is that it is still new and may not grow tiresome like 3D has. Every movie is different, so while the motions may be similar with every movie it will activate differently. At the Mall of America the showtime prices before 5 p.m. go for \$14, while tickets for the evening are priced at \$20. Despite the price, it is worth checking out, and if you get a chance to go to the Mall, get your tickets days in advance; it will be an experience you will never forget.

Having experienced it, I feel that D-Box seats will catch on. Technology is evolving and audiences will be willing to pay the admission price and continue to see how different movies can be experienced with the use of the seats. Also with the seats limited in the auditorium, people will have to wait to see what the experience is like. For me, it will be hard to go back to watching movies regularly because there is nothing quite like D-Box.

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Athletes
Winter Offers Two-

While many Clarke students will soon be heading home for their full month of holiday break, a few athletes teams will have a shortened break. Men and women's basketball, men's volleyball, and men and women's track will be around campus during break.

To make the downtime in between practices and games go by faster, Clarke history professor Lynne Niznik will be offering a course, HIST 108-3, United States history from 1870 to the present. The course will meet for two weeks and students can earn three credits towards their spring semester.

"If they have to be here, they might as well get something out of their break," said Niznik. "So I created Prof Niznik's class for the athletes so they new would only have four classes during their season, but could finish with five classes the semester."

Students taking the class can live on campus free during the two weeks when the class meets each day. The class will meet January 3-14, 9 a.m. to 4 p.m. Students will be expected to read at least a chapter each night before class so they can participate the next day.

Each day will be broken down into four sessions. The first session will consist of a lecture, followed by a large group discussion, small group discussion, and ending with a lecture to prepare for the next day. The class will end with a presentation to the Obama administration.

The hope is to make this a yearly offering course by a different department offered every year. Many athletes are excited about the class and are looking forward to the opportunity.

"I'm required to take a United States or world history class," said Niznik.

Intramurals
heather jansen
staff writer

Alyssa Gantzert recently spun a basketball on her finger for 5.1 seconds. She was participating in an activity sponsored by intramurals and won a Clarke Intramural T-shirt.

"Intramurals is a great way to interact and compete with and against my friends," said Gantzert, a senior psychology major. "The activities give me a chance to relieve some stress by being a part of something fun."

Recent events intramurals has featured include a Hacky Sack contest, Hot Shot, Frisbee Toss, Football Accuracy Tournament, Goal Kick, and Around the World in 80 Seconds.

Clarke offers a variety of intramural sports and activities for anyone and everyone to join. The key is to have fun. At the same time, these activities provide students the opportunity to get involved with new people, or to get in shape that way.

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SPORTS

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December 9, 2010

Athletes stay on course

Winterm Offers Two-Week Class

samm mammoser
staff writer

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To make the downtime in between practices and games go by faster, Clarke history professor Lynne Niznik will be offering a course, HIST 108-3, United States history from 1870 to the present. The course will meet for two weeks and students can earn three credits towards their spring semester.

"If they have to be here, they might as well get something out of their break," said Niznik. "So I created this class for the athletes so they would only have four classes during their season, but could finish with five classes for the semester."

Students taking the class can live on campus for free during the two weeks when the class meets each day. The class will meet January 3-14 from 8 a.m. to 4 p.m. Students will be expected to read at least a chapter each night before class so they can participate the next day.

Each day will be broken down into four 50-minute classes. The first session will consist of a movie followed by a large group discussion, small group discussion, and ending with a lecture to prepare for the next day. The class will end with a project related to the Obama administration.

The hope is to make this a yearly offering with a course by a different department offered each year. Many athletes are excited about the class and grateful for the opportunity.

"I'm required to take a United States or world his-



Photo by Samm Mammoser

Professsor Lynne Niznik tells Alyssa Gantzert about the new history class for student-athletes.

tory class for my major and taking it over the winter lightens my workload for the spring semester," says Erin Anthenat, junior English and secondary education major.

"Being a part of the bowling team takes up a lot of my time and weekends but after this class I will have less to worry about. I'm expecting to have more of a one-on-one experience with the teacher to be able to concentrate on the content of the class a lot more than usual since it will be my only class for those two weeks."

This class is a pilot program; if you are a non athlete, you should speak with Dean of Students Graciela Canero-Livingston about taking the course.

Niznik is hoping for a successful class.

"I really just want to help out the student-athletes," she said. "I know it can be challenging to finish homework on the bus after a game when you are tired. I really hope this class helps students and will become a staple in Clarke."

Midway through season bowling teams show progress

tyler oehmen
sports editor

The Clarke bowlers are continuing, learning and developing in their first-ever season. Through the first four tournaments in team history, the team is cruising along at a good pace.

"I think we're at where I thought we'd be," says head bowling coach Chris Uffman. "We are a young team and are learning a lot."

Clarke is bowling strong at the tournaments as well, with the men finishing 18th and the women 22nd in St. Louis over Thanksgiving. "The first semester was more of a learning curve for us," says Uffman. "The second semester should go at a steadier pace for us. We have six events in the spring including our first ever home tournament in February."

Freshman Jacob Boersch is leading the men's team with an average of 190.43 with freshman Sarah Bunta leading the women's team with an average of 186.10.

"We are looking forward especially to our first home tournament," says Uffman. "We have a pretty good group of people looking forward to coming and watching but we are always looking for more fans to come out and support us. It's a great thing when people come out to cheer you on."

In January both teams head East to bowl in Roto Grip Eagles NAIA Baker Challenge in West Chicago, Illinois, a suburb of Chicago.

They are looking forward to competing in the spring season and as well as competing for the Conference Championship in February.

Intramurals: a bit of everything

heather jansen
staff writer

Alyssa Gantzert recently spun a basketball on her finger for 5.1 seconds. She was participating in an activity sponsored by intramurals and won a Clarke Intramural T-shirt.

"Intramurals is a great way to interact and compete with and against my friends," said Gantzert, a senior psychology major. "The activities give me a chance to relieve some stress by being a part of something fun."

Recent events intramurals has featured include a Hacky Sack contest, Hot Shot, Frisbee Toss, Football Accuracy Toss, Field Goal Kick, and Around the World. Males and females of all sorts are encouraged to come and compete against one another.

Clarke offers a variety of intramural sports and activities for anyone and everyone to join. The key is to have fun. At the same time, these activities provide students the opportunity to get involved, meet new people, or to get in shape and stay that way.



Photo contributed by Clarke Athletics
Ultimate Frisbee Intramural Champions 2010

Of course, what would an athletic event be without a little competitiveness and friendly jeering from fellow classmates, teachers and staff, or even the typical rivalry among academic years.

Bowling, dodgeball, basketball, softball, the list goes on. Clarke intramurals has something for everyone's taste. Students

and staff can join a team and be active in a Sunday night league, or they can participate in an individual activity in an attempt to win prizes. Each individual activity and group sport gives the students and staff chances to win items such as a T-shirt.

"I am involved in intramurals because it is a fun to show off unique talents that

you have, and a fun way to get a good work out," said Ryan Burras, a graduate physical therapy student.

"I was a member of the Ultimate Frisbee championship team two-years running, and it is a fun way to stay competitive and show the underclassmen teams that they don't have game. I think intramurals have been getting more competitive every year, and I look forward to all the intramurals this year."

Clarke has its own Facebook page dedicated solely to informing students, faculty and staff of upcoming intramural events and winners of previous activities. It also features excellent action and profile shots of participants.

"We are trying to get into a routine where there will be an event every Monday at noon and at 3," said Don Adams, women's head basketball coach who is also director of Intramurals. "Intramurals is a great social activity!"

Visit www.clarkecrusaders.com for more information.

clarke courier

SPORTS

December 9, 2010

Clarke men's volleyball reloads for title run

justin haas
staff writer

The 2009-2010 men's volleyball season was one to remember. Setting records and playing in the NAIA Volleyball National Tournament were all great moments. However, that is all in the past and it's time to look ahead.

With five seniors returning to the squad this year, the team is looking to take what it did last season and set the bar even higher. Four out of five of the seniors have been in the program since freshmen year, with the other being on the team for two years. The team is experienced. It has a deep bench. It has a proven coach.

Coach Kris Dorn is entering his second season at the helm. In Dorn's first season at Clarke, he led the team to the national tournament and also received Mid-America Men's Volleyball Invita-

tional Conference Coach of the Year. Accompanying Dorn as an assistant is first-year man Eric Plunkett from San Jose, Calif., and returning for her second year of assisting, is JP Dorn.

After losing only three seniors from last year, the Crusaders are reloaded and ready to make a push for a title championship.

"As a senior, I definitely want to end my career at Clarke on a great note", said senior co-captain Matt Redman. "We have some great talent on the team and a great coach leading us. It should happen."

"We had a great season last year", said senior co-captain Alex Wilharm. "Our expectations are pretty high for this season. We know now that we are good enough to play in the national tournament. I think this is going

to be a very special season for the program."

Senior Casey Sawyer, co-captain, returns to the team this year after spending last year in his home state of California. Sawyer was a standout athlete on the 2009 team. The California native is ready to end his college playing days with a bang.

"I missed Clarke, the people here, most of all my teammates," said Sawyer.

"It feels good to be back and playing the sport I love. These guys had a great season last year, and I'm sad I missed out on it, but we're going to try to make this season bigger and



The Brotherhood, as the men's volleyball team is known, meets on the court after a game last spring

photo contributed by Jamie Specht

better."

With 419 kills in the 2009 season, Sawyer is currently ranked sixth in the school record books of kills in a season.

Last year was an eventful and memorable season for the team, but it is looking

to build off that success this season.

With six seniors wanting to leave their mark in the history books, this could end up being one of the best seasons Clarke athletics has seen in a while.

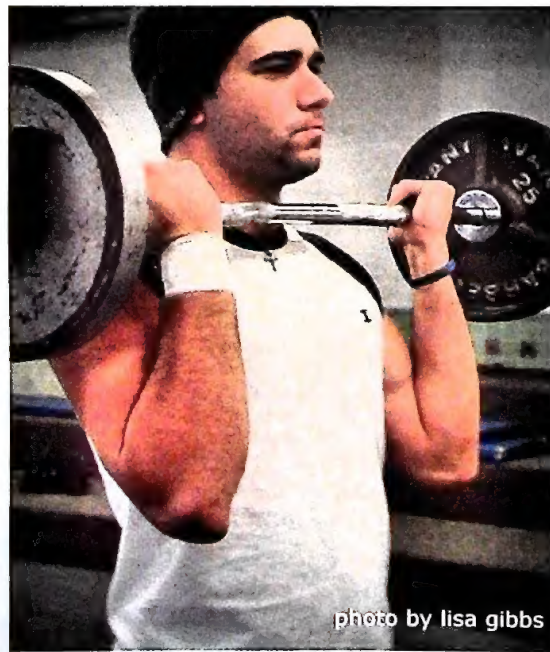
Baseball team conditioning for spring

elliott carr
staff writer

Over the past few months, chances are you have seen a Clarke baseball player or two hard at work. You may have seen them running around the track, in the weight room, working on their pitching or

University baseball team begins preparing for the spring. It is a big commitment, but one that will ultimately pay off and has already begun to show results.

The workouts are structured in a way that chal-



David Galando works it hard in the weight room.

hallenges the players, but also allows them ample recovery time. They have set lifting times on Mondays and Wednesdays, and lift a third time each week on their own. On Monday they meet in

small groups with assistant Coach Dan Spain to work on hitting, and on Tuesdays and Wednesdays with assistant Coach Curt Dixon to

work on pitching and philosophy. Conditioning is on Tuesdays and Thursdays, where conditioning of the arm and cardio is stressed.

Senior Pete Sullivan has reaped the benefits of working closely with the coaching staff. "I had one problem with my mechanics and through the workouts I have noticed a lot of improvement with fixing it" he said. "Working with Coach Dixon has helped a lot." Sullivan is a pitcher who recorded a team-high 50 strikeouts last season.

"As long as they are working hard in the classroom and the weight room, I let the conditioning be something fun" said head coach Chad Harris. "Activities like ultimate frisbee or two-hand touch football gives them the opportunity to do something fun and bond as a team."

The coaches say they have been very impressed with what they have seen so far. "Adam Szurkowski has worked really hard in the weight room and always

goes over to the track to run, which is really impressive" said Coach Harris. "It shows his work ethic and dedication."

Another player who has shown a lot of dedication over the past few months is junior Rolando Sanchez. His endurance levels have improved greatly since transferring to Clarke from Dakota Wesleyan this fall.

Junior Cameron Sherrer, a transfer from Scottsdale Community College in Arizona, has also displayed great leadership thus far. Some players are unable to condition with the team on Tuesdays and Thursdays due to class conflicts, and Cameron has taken it upon himself to ensure that the group is getting its conditioning sessions in its own time.

Coach Harris has also been impressed with the group as a whole. "What I'm noticing with the returners is the leadership they are providing to the team" he said. "They know what to expect; they are working really hard

and are doing a great job of teaching the newcomers what is expected in the Clarke baseball program."

As with any endeavour, there has been the odd bump in the road. "We are battling some injuries on our pitching staff; a couple of our top pitchers from last season are going through some rehab right now, other than that we are doing ok" said Harris.

After Christmas, the next phase begins. Pitchers and catchers come back on January 12, and practice begins on the same day as spring classes. All the work done in the fall is to ensure that it doesn't take long for the players to regain their timing after break. They will only have three weeks before they head down South to take on Union University, ranked 16th in the country, in a five-game series on Friday, February 4. They will also face Bethel University in a series while on the trip.

February 18

campus life



Clarke religious studies professor Bill Gregory has served in the Peace Corp and beyond.

clarke plus



Zumba comes to Clarke.

sports



Alley cats strike! Clarke Bowling's first-ever home tournament

weather



Partly cloudy. High 44. Low 20. 20 percent chance of rain